

## RESERVE AT SPRING HILL

## Copy of Senior Living S/S Southern 2020

## Regular/NAS/Consistent CHO

## Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Hot or Cold Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Whole Wheat English Muffin Strawb/Vanilla Yogurt Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Eggs of Choice Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Ham & Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Buttermilk Pancakes Breakfast Ham Slice Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Bourbon Chicken Thighs Whipped Sweet Potatoes Broccoli Southern Style Biscuit Cherry Pie Margarine Coffee/Tea	Jeweled Pork Loin Long Grain & Wild Rice Dilled Carrots Choice of Roll Texas Sheet Cake Margarine Coffee/Tea	Ham & Sweet Potato Casserole Green Beans Tossed Salad Choice of Roll Raisin Rice Pudding Choice of Dressing Margarine Coffee/Tea	Meatloaf Garlic Mashed Potatoes Roasted Brussels Sprouts Choice of Roll Peanut Butter Brownies Margarine Coffee/Tea	Maple Glazed Chicken Baked Sweet Potato Half Corn on the Cob Choice of Roll Sour Cream Orange Cake Margarine Coffee/Tea	Breaded Catfish Broccoli Rice Au Gratin Fried Okra Choice of Roll Raspberry Whip Margarine Coffee/Tea	Baked Spaghetti Tossed Salad Buttered Breadstick Tiramisu Cake Choice of Dressing Parmesan Cheese Margarine Coffee/Tea
<b>Dinner</b>						
Citrus Dill Cod Parmesan Noodles Green Peas Choice of Roll Cinnamon Applesauce Margarine 2% Milk Coffee/Tea	Chicken Biscuit With Honey Butter French Fries Collard Greens Red Grapes Ketchup 2% Milk Coffee/Tea	Tahitian Pork White Rice Malibu Vegetable Blend Wheat Bread Cottage Cheese & Peaches Margarine 2% Milk Coffee/Tea	Cheese Ravioli w/Sauce Cauliflower Tossed Salad Choice of Roll Mandarin Oranges Choice of Dressing Margarine 2% Milk Coffee/Tea	Creamy Garden Veg Soup Saltines Pimiento Cheese Sandwich Potato Wedges Ketchup Watermelon 2% Milk Coffee/Tea	Ham Slice American Fried Potatoes Carrots Choice of Roll Pineapple Chunks Margarine 2% Milk Coffee/Tea	Chicken Cordon Bleu Chs-Toppd Baked Potato Capri Vegetable Blend Wheat Bread Orange Wedges Sour Cream and Chives Margarine 2% Milk Coffee/Tea

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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Hot or Cold Cereal Breakfast Casserole Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Blueberry Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Buttered Waffles Eggs of Choice Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Country Ham & Biscuit Sandwich Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Quiche Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Eggs of Choice Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Sausage Patty Cinnamon Roll Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Baked Ham w/ Raisin Sauce Spoon Bread with Maple Butter Green Beans Apple Crisp Margarine Coffee/Tea	Breaded Fish French Fries Creamy Cole Slaw Tomato Wedges Choice of Roll Chocolate Chip Cookie Ketchup Margarine Coffee/Tea	Beef Brisket Mashed Potatoes Lima Beans Choice of Roll Key Lime Cake Brown Gravy Margarine Coffee/Tea	Bourbon Pork Chop w/Apples Whipped Sweet Potatoes Seasoned Greens Applesauce Cake Margarine Coffee/Tea	Tomato Basil & Tuna Pasta Tossed Salad Garlic Toast Chocolate Fudge Cupcake Choice of Dressing Margarine Coffee/Tea	Cracker Crumb Chicken Sweet Potatoes Broccoli Choice of Roll Strawberry Pretzel Squares Margarine Coffee/Tea	Cranberry Glazed Pork Parmesan Rice Sauteed Summer Squash Choice of Roll Peanut Butter Cookie Margarine Coffee/Tea
<b>Dinner</b>						
Tomato Soup Saltines Grilled Cheese Sandwich Glazed Sugar Snap Peas Diced Pears 2% Milk Coffee/Tea	Seasoned Beans w/Ham Bits Tossed Salad Cornbread Pineapple Chunks Choice of Dressing Margarine 2% Milk Coffee/Tea	BBQ Pulled Pork Corn on the Cob Baked Beans Southern Style Biscuit Watermelon Margarine 2% Milk Coffee/Tea	Old Fashioned Vegetable Beef Soup Saltines Grilled Turkey & Swiss Sandwich Prince Charles Veggie Blend Red Grapes Margarine 2% Milk Coffee/Tea	Beef Quesadilla Spanish Rice Seasoned Black Beans Orange Wedges 2% Milk Coffee/Tea	Creole Shrimp and Grits Okra Wheat Bread Banana Margarine 2% Milk Coffee/Tea	Creamy Swiss Beef Roasted Red Potatoes Spinach Choice of Roll Fruit Compote Margarine 2% Milk Coffee/Tea

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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Hot or Cold Cereal Cheesy Scrambled Egg Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Quiche Lorraine Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Buttered Waffles Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Southwest Egg Bake Choice of Danish Strawb/Vanilla Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Eggs of Choice Hearty Hashbrowns Assorted Donut Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Turkey Pot Roast Mashed Potatoes Dilled Carrots Choice of Roll Peach Pie Gravy Margarine Coffee/Tea	Beef Tetrazzini Tossed Salad Garlic Toast Carrot Cake Choice of Dressing Margarine Coffee/Tea	Mandarin Pork Roast Roasted Red Potatoes Green Beans Choice of Roll Blueberry Cobbler Margarine Coffee/Tea	Beef with Broccoli White Rice Sugar Snap Peas Wheat Bread Cherry Crisp Margarine Coffee/Tea	Country Fried Steak Cheesy Mashed Potatoes Broccoli Southern Style Biscuit Vanilla Pudding Cake Margarine Coffee/Tea	Homestyle Veal Sour Cream & Chive Mashed Potatoes Whole Baby Carrots Choice of Roll Butterscotch Brownie Parfait Margarine Coffee/Tea	Zesty Lemon Pepper Turkey Rice Pilaf Capri Vegetable Blend Choice of Roll Strawberry Shortcake Margarine Coffee/Tea
<b>Dinner</b>						
Vegetable Baked Fish Mushroom Stuffing Lima Beans Choice of Roll Fruit Cocktail Margarine 2% Milk Coffee/Tea	Cheese Enchiladas Refried Beans Sauteed Peppers & Onions Cinnamon Applesauce 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Kentucky Hot Brown Roasted Zucchini Cottage Cheese & Peaches Margarine 2% Milk Coffee/Tea	Creole Fish Black Eyed Peas Collard Greens Choice of Roll Diced Pears Margarine 2% Milk Coffee/Tea	Ham & Potato Au Gratin Brussels Sprouts Wheat Bread Pineapple Chunks Margarine 2% Milk Coffee/Tea	Baked Ziti Parslied Cauliflower Garlic Toast Red Grapes Margarine 2% Milk Coffee/Tea	Cheeseburger Lettuce / Tomato / Onion French Fries Banana Ketchup 2% Milk Coffee/Tea

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Week 4

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<b>Breakfast</b>						
Hot or Cold Cereal Buttermilk Pancakes Breakfast Ham Slice Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Raisin Toast Strawb/Vanilla Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Buttered Waffles Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Eggs of Choice Canadian Bacon Carrot & Pineapple Muffin Square Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cinnamon French Toast Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Fried Chicken Biscuit Sandwich Strawberries Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Pork Teriyaki White Rice Sugar Snap Peas Choice of Roll Chocolate Mousse Margarine Coffee/Tea	Herb Crusted Cod Baked Potato Okra Choice of Roll Cherry Cake Sour Cream and Chives Margarine Coffee/Tea	Chicken Gumbo White Rice Broccoli Garlic Toast Tiramisu Parfait Margarine Coffee/Tea	Mustard Glazed Beef Sweet Potatoes Brussels Sprouts Choice of Roll Blueberry Crisp Margarine Coffee/Tea	Fried Fish French Fries Creamy Cole Slaw Tomato Wedges Choice of Roll Oreo Cookie Blondies Ketchup Margarine Coffee/Tea	Vegetable Lasagna Tossed Salad Garlic Toast Cherry Fruit Cobbler Choice of Dressing Margarine Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Collard Greens Spoon Bread with Maple Butter Pineapple Upside Down Cake Margarine Coffee/Tea
<b>Dinner</b>						
Chicken Jambalaya Tossed Salad Wheat Bread Berry Applesauce Choice of Dressing Margarine 2% Milk Coffee/Tea	Corn Chowder Saltines Cold Roast Beef Sandwich Lettuce / Tomato / Onion Pickled Beets Mandarin Oranges Margarine 2% Milk Coffee/Tea	Italian Sausage on Bun Sauteed Peppers & Onions Waffle Fries Cottage Cheese & Pears Ketchup 2% Milk Coffee/Tea	Chicken & Waffles Corn on the Cob Choice of Roll Fresh Fruit Cup Margarine 2% Milk Coffee/Tea	Hamburger Steak Mashed Potatoes w/Gravy Green Beans & Mushrooms Buttered Breadstick Apricots Margarine 2% Milk Coffee/Tea	Navy Bean Soup Saltines Turkey & Cheese Sub Sandwich Marinated Cucumbers & Tomatoes Orange Wedges Margarine 2% Milk Coffee/Tea	Soft Shell Beef Tacos Spanish Rice Refried Beans Red Grapes 2% Milk Coffee/Tea